

Flexible Sigmoidoscopy Instructions

Please register at the Peterborough Regional Health Centre, Admitting Department, 4th floor.

Arrival Time: _____ **Procedure Date:** _____

Please use **ONE FLEET ENEMA**, rectally, 2 hrs prior to your arrival time. Instructions are included in the package. This is an over the counter product and does not require a prescription.

- You DO NOT need to fast for this exam. You can eat & drink normally
- Take ALL of your medications as you usually would, unless directed otherwise.
- If you have not already discussed your medications with Dr Ebisuzaki or his staff, please let us know ASAP if you are taking blood thinners, diabetic medication or iron supplements

You will **receive** an automated reminder message, 5 business days prior to your apt date.

LISTEN CAREFULLY as your time of the procedure may have changed. Your time of **ARRIVAL** will also change if this is the case.